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ABSTRAK

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Faktor Risiko Kejadian Stunting Pada Anak Usia 2-3 Tahun di Kecamatan Genuk Semarang

xvii + 101 halaman + 32 tabel + 3 gambar + 17 lampiran

Stunting merupakan keadaan tubuh yang pendek sebagai akibat pertumbuhan linier yang terhambat, ditandai dengan *z-score* panjang badan menurut umur kurang dari -2 SD. Prevalensi stunting di Jawa Tengah mencapai 25%. Prevalensi kejadian stunting tertinggi di Semarang di Kecamatan Genuk (20,93%). Penelitian ini bertujuan untuk menganalisis faktor risiko kejadian stunting pada anak usia 2-3 tahun di wilayah kerja kecamatan Genuk, Semarang.

Jenis penelitian observasional dengan rancangan kasus kontrol. Sampel dipilih dengan teknik *consecutive sampling* dengan jumlah sampel 61 subjek untuk masing-masing kelompok. Stunting diukur berdasarkan *z-score* tinggi badan menurut umur (TB/U) dianalisis dengan *software WHO Anthro 2005*. Data identitas subjek dan responden diperoleh melalui wawancara dengan kuesioner. Data tinggi badan anak dan tinggi badan orang tua diukur dengan menggunakan stadiometer. Data asupan makanan diperoleh menggunakan kuesioner frekuensi makanan semi kuantitatif. Analisis bivariat menggunakan *Chi-Square* dan *continuity correction*. Analisis multivariat menggunakan uji regresi logistik ganda.

Hasil analisis multivariat menunjukkan bahwa faktor risiko stunting pada anak usia 2-3 tahun adalah tinggi badan ayah <162 cm ($p=0,004$, OR=11,147), pemberian ASI yang tidak eksklusif ($p=0,004$, OR=9,347), riwayat ISPA ($p=0,032$, OR=5,939), dan asupan energi kurang ($p=0,000$, OR=43,411). Faktor risiko yang tidak terbukti mempengaruhi kejadian stunting adalah tinggi badan ibu, pemberian MP-ASI, riwayat diare, riwayat campak, status imunisasi, asupan protein, asupan kalsium dan asupan zat besi.

Disimpulkan bahwa tinggi badan ayah yang pendek, pemberian ASI yang tidak eksklusif, riwayat ISPA, dan asupan energi yang kurang merupakan faktor risiko yang berpengaruh terhadap kejadian stunting pada anak usia 2-3 tahun.

Kata kunci : Stunting, Faktor Risiko
Kepustakaan : 95 (1988-2015)

ABSTRACT

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Risk Factors for Stunting on Children aged 2-3 Years Old at Genuk Subdistrict in Semarang

xvii + 101 pages + 32 tables + 3 figures + 17 appendices

Stunting is a problem of linear growth retardation shown by a condition of very low height for age signed by an index of z score of height for age below -2 Standard Deviation. A prevalence of stunting in Central Java was 25%. Genuk Subdistrict was the highest prevalence of stunting in Semarang (20.93%). This study aimed at analysing risk factors for stunting on children aged 2-3 years old at Genuk Subdistrict in Semarang.

This was an observational study using case-control approach. Samples were selected using a technique of consecutive sampling with number of samples for each group were 61 children. Stunting was measured based on an index of z score of height for age (H/A) analysed using software of WHO Anthro 2005. Data of subjects' identities and respondents were collected by conducting interview using a questionnaire. Height of children and their parents were measured using stadiometer. Data of food intake were collected using a semi-quantitative food frequency questionnaire. Bivariate analyses used Chi-Square and Continuity Correction tests. Multivariate analysis used a Multiple Logistic Regression test.

The results of multivariate analysis showed that risk factors for stunting on children aged 2-3 years old were father's height <162 cm ($p=0.004$; $OR=11.147$), providing non-exclusive breastfeeding ($p=0.004$; $OR=9.347$), a history of acute respiratory tract infection (ARTI) ($p=0.032$; $OR=5.939$), and a lack of energy intake ($p=0.000$; $OR=43.411$). In contrast, risk factors that were not significant were mother's height, providing complementary foods of breastfeeding, a history of diarrhea, a history of measles, status of immunisation, protein intake, calcium intake, and iron intake.

To sum up, a short father, non-exclusive breastfeeding, a history of ARTI, and the lack of energy intake were the risk factors for stunting on children aged 2-3 years old.

Keywords: Stunting, Risk Factor

Bibliography: 95 (1988-2015)